



fiber blend

a source of insoluble
and soluble fiber

specialty
100 capsules
dietary supplement

digestive health[▼]
regularity[▼]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 33

	Amount Per Serving	% Daily Value
Oat Fiber (<i>Avena sativa</i>)(seed)	930 mg	*
Brown Rice Bran	825 mg	*
Apple Pectin (<i>Pyrus malus</i>)(fruit)	210 mg	*
Citrus Pectin (<i>Citrus paradisi</i>)(fruit)	150 mg	*
Soy Fiber (<i>Glycine max</i>)(seed)	150 mg	*
Psyllium Husk Powder (<i>Plantago ovata</i>)	120 mg	*
Prune (<i>Prunus domestica</i>)(fruit)	75 mg	*
Cabbage (<i>Brassica oleracea</i>)(leaf and core)	18 mg	*
Carrot (<i>Daucus carota</i>)(root)	9 mg	*
Broccoli (<i>Brassica oleracea</i>)(whole plant)	6 mg	*

* Daily Value not established.

Other ingredients: Gelatin, magnesium stearate.

Contains: Soy.

Does not contain: Yeast, Wheat, Gluten, Salt, Dairy, Fish, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take three (3) capsules up to twice daily with at least 8 oz. of water and preferably with meals.

WARNING: This product must be taken with at least 8 oz. of water, as it contains Psyllium Husks. Taking Psyllium Husks without a full glass of liquid may cause choking. Do not use this product if you are pregnant, nursing or have difficulty swallowing.

Fiber Blend capsules contain fiber from all 6 fiber groups: cellulose, pectin, gums and mucilages, hemicellulose and lignin.

▼ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

Item No.
VS-1190
1040036



52

2